

# group fitness class descriptions!!!

**ARMED & DANGEROUS:** 30-minute weight class focused on building the upper body and core.

**BODY FUSION:** 30 minute class includes high-reps and light weights to strengthen & tone your entire body.

**CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a circuit workout utilizing bands, balls and chairs for support. (*Silver Sneakers*®)

**CLASSIC:** Includes a variety of exercises designed to increase Muscular Strength & Range Of Motion utilizing balls, bands & chairs for support. (*Silver Sneakers*®)

**COMPLETELY FIT:** Focusing on core strength, flexibility to work all major muscle groups. Not your average weight lifting class, challenging but plenty of modifications. Everyone welcome.

**CORE CYCLE:** Intervals of all out core & cardio training. Hit this class & get the core strength & cardio you know you need!

**CRAZY FIT:** Super intense, high impact workout like no other! It's challenging but it's worth it to push yourself to that next level!

**CSI CYCLING:** Cardio Strength Intervals - Combo of High Cardio Spinning & Power Strength Training.

**CYCLE POWER:** Jump into something new and challenging! This class will interval the cardio of cycling with core strength, power, endurance and flexibility using weights and body weight training.

**CYCLING:** Class simulates an outdoor ride filled with hills, sprints & other terrains. Music and fun included!

**FIT & FAB:** Multi-level workout with cardio, weights, & core work. Designed to improve balance, strength, flexibility & cardiovascular health. Look FABULOUS in no time!

**INSANITY:** You've seen the infomercials & heard about this crazy workout, but now you can do it right here at Falling Springs! INSANITY is a cardio-based total body conditioning program based on the principles of HIT (High Intensity Training). The class is designed to give you a safe, challenging & results-driven experience.

## PILATES MIX—WEEKLY MIX UP OF THE FOLLOWING CLASSES!

**MAT PILATES:** This class puts emphasis on alignment, breathing, developing a strong core & improving coordination & balance. Intensity can be increased over time as the body conditions and adapts to the exercises.

**PILATES CHALLENGE:** Taking you to another level, this class will challenge you in advance Pilates moves as well as intervals of cardio and a more intense practice.

**PIYO:** This hybrid class blends Pilates & Yoga in a way that increases strength, balance, & agility. This workout provides an incredible experience that will help you lose weight & completely transform your body!

**POWER HOUR:** This bootcamp style class has intervals of weights, plyometrics and even a few kicks. You'll break a sweat and see results!

**R.I.P.P.E.D.** The One Stop Body Shock® a workout that encompasses all aspects of physical fitness Resistance, Interval, Power, Plyometrics, Endurance and Diet.

**SENIOR FIT:** Energizing workout using low impact movements combined with light resistance to give you an all over workout.

**SENIOR YOGA:** Gentle, yet challenging stretches & postures to lead you to a more balanced, strong & healthy life!

**SS-YOGA:** Move your body through a complete series of seated & standing yoga poses using chair support to safely perform a variety of postures designed to increase flexibility. (*Silver Sneakers*®)

**SWAT:** Spinning, Weights, Abs & Toning. This class is a challenging mix of cardio and strength training.

**STONE UP THE BEAT!** - This hot, new class mixes cardio dance with light weight toning. Can't dance, don't worry, it's all about the cardio! All levels welcome!

**YOGA:** Beginning or advanced, each class will provide a flowing blend for balances, flexibility and relaxation!

**ZUMBA®:** Combine high-energy music with unique moves & combinations that allow you to dance your worries away & get a great workout. Dance experience NOT required.

## REGISTRATION CLASSES

Parks & Rec is now offering specialty classes at Falling Springs! These are unique classes with defined beginning & end dates. They require pre-registration & a separate enrollment fee.

Upcoming classes include Beyond Barre, Kettlebells, TRX & more! For more information or to register, please visit Falling Springs Center or go online to [vwcparksrec.com/fitness](http://vwcparksrec.com/fitness).

# group fitness schedule!!!

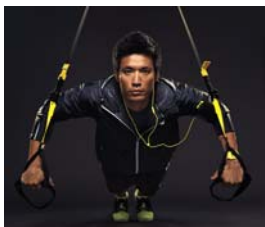


CHECK IN & CHECK US OUT!



EFFECTIVE 3.9.17

For questions or more info, visit us online at [www.vwcparksrec.com](http://www.vwcparksrec.com) or contact Fitness/Aquatics Manager Tefany Bleuél at (859) 873-5948 / [tbleuel@vwcparksrec.com](mailto:tbleuel@vwcparksrec.com).




# FITNESS SCHEDULE

(schedule subject to change)

**TRX, KETTLEBELLS, BARRE & MORE HAVE ARRIVED!**  
**WATCH [WWW.VWCPARKSREC.COM](http://WWW.VWCPARKSREC.COM) FOR DETAILS!**

**SPRING 2017**  
 EFFECTIVE 3.9.17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30 AM CYCLE POWER</b> Tefany				<b>5:30 AM CYCLING</b> Missy		<b>1:00 PM BEYOND BARRE</b> Jackie BEGINS MARCH 19 DEADLINE MARCH 14 <b>REGISTRATION CLASS</b>
<b>8:00 AM CORE CYCLE</b> Geri	<b>8:15 AM POWER HOUR</b> Tamie	<b>8 AM COMPLETELY FIT</b> Tefany <b>8:30AM POWER YOGA</b> Tefany	<b>8 AM S.W.A.T.</b> Geri	<b>8:15 AM CRAZY FIT</b> Geri	<b>8:00 AM INDOOR CYCLING</b> Rotating Instructors	<b>2:00 PM YOGA</b> Emily/Jackie
<b>9:00 AM FIT N FAB</b> Geri	<b>9:00AM PIYO</b> Missy / Tefany		<b>9 AM PILATES MIX</b> Class Rotates Missy / Michelle	<b>9:15 AM INDOOR CYCLING</b> Tamie	<b>9:00AM YOGA</b> Teresa	<div data-bbox="1766 526 1990 703" data-label="Text"> <p><b>fitness hours</b>                      M-F: 5:30 AM-9 PM                      Sat: 7 AM-7 PM                      Sun: 10 AM-7 PM</p> </div> <div data-bbox="1843 716 2032 938" data-label="Text"> <p><b>childcare hours</b>                      Monday-Friday                      8 AM -12 PM                      4 PM-8 PM                      Saturday                      7:45 AM-12 PM</p> </div>
<b>9:00 AM PURE STRENGTH</b> Tamie *Court 3	<b>10:00 AM TONE UP THE BEAT</b> Jennifer		<b>9 AM FIT N FAB</b> Geri *Court 3	<b>10 AM ARMED &amp; DANGEROUS</b> Tamie 30 minute class	<b>10:00AM ZUMBA</b> Amanda	
<b>10:30 AM CIRCUIT</b> *Silver Sneakers COURT 1	<b>10:30 AM CLASSIC</b> *Silver Sneakers COURT 1	<b>10:30 AM CIRCUIT</b> *Silver Sneakers COURT 1	<b>10:30 AM CLASSIC</b> *Silver Sneakers COURT 1	<b>10:30 AM SENIOR FIT</b>		
<b>11:15 AM SS-YOGA</b> *Silver sneakers COURT 1	<b>PICKLEBALL JOIN IN ON THE FUN!</b> GYMNASIUM	<b>11:15 PM SS-YOGA</b> *Silver Sneakers COURT 1	<b>11:15 AM SS-YOGA</b> *Silver Sneakers COURT 1	<b>11:15 AM SENIOR YOGA</b>		

  **CHECK IN & CHECK US OUT FOR UPDATES, CHANGES & MORE!**



<b>4:30 PM R.I.P.P.E.D.</b> Cinnamon		<b>4:30 PM BODY FUSION</b> Geri 30 minute class	<b>4:30 PM R.I.P.P.E.D.</b> Cinnamon
<b>5:30 PM CSI CYCLING</b> Tamie	<b>5:30 PM INSANITY</b> Cinnamon	<b>5:00 PM CYCLING &amp; WEIGHTS</b> Geri	<b>5:30 PM MOVE IT &amp; LOSE IT</b> Cinnamon <b>REGISTER AT EXT. OFFICE!</b>
<b>5:30 PM TRX</b> BEGINS MARCH 20 DEADLINE MARCH 15 <b>REGISTRATION CLASS</b>		<b>6:00 PM YOGA</b> Rotating	
<b>6:30 PM TONE UP THE BEAT</b> Jennifer	<b>6:30PM YOGA</b> Tracie	<b>7:00 PM ZUMBA</b> Amanda	<b>6:30 PM BEYOND BARRE</b> Michelle P BEGINS APRIL 13 DEADLINE APRIL 7 <b>REGISTRATION CLASS</b>

## MOVE IT & LOSE IT

Falling Springs is partnering with the WC Extension Office & the WC Health Department to bring you a program that provides a workout each session, sample food tasting, healthy eating planning, support & guidance, fitness counseling, an opportunity to earn weekly fitness passes & more! Visit [www.woodford.ca.uky.edu](http://www.woodford.ca.uky.edu) or call Elizabeth (873-4601) or Geri (873-4541) for more info or to register. Program runs March 9-May 18.

**REGISTRATION CLASSES**  
 Register online or in the office for these classes. Space is limited so register soon! Visit [www.vwcparksrec.com](http://www.vwcparksrec.com) for more information.

